

Cambodia

Tapioca Banana Pudding

No matter where you are in Cambodia, you will find homes and restaurants serving *tapioca banana pudding*. It's such an important introduction to Cambodian cuisine that Australian volunteers are served their first bowl at their orientation training when they arrive in the country.

Tapioca banana pudding is delicious and flexible – you can serve it warm, or refreshingly cool. Molika from the Australian Volunteers Program team in Cambodia likes her pudding with ice-cream on the side.

Ingredients

- 5 medium ripe bananas (sliced)
- 5 cups water
- ¼ cup coconut milk
- ½ cup white sugar
- ½ cup small pearl tapioca
- ¼ tsp salt

Method

- Boil water in a saucepan and add tapioca. Simmer over medium heat until the tapioca becomes translucent, stirring frequently.
- Add bananas, sugar and salt and simmer for 10 to 15 minutes, stirring frequently. Remove from heat when the bananas are tender.
- Add coconut milk and stir until well blended, it should be the consistency of thick soup with visible tapioca pearls.
- Cool to room temperature or slightly warmer. Stir and serve.



Phsar O'Russie in Phnom Penh, Cambodia.
Photo: Harjono Djoyobisono, 2019.